



# NUTRITION COACHING

## What is Nutrition Coaching?

Nutrition coaching will help you reach your goals through nutrition education and behavior change modifications. Our Registered Dietitians (RDs) work with a variety of conditions including weight management, sports nutrition, family nutrition, general nutrition education, and more.

## Payment

Out-of-pocket and insurance payments are accepted. If you do not have a medical diagnosis, out-of-pocket pricing applies. An invoice for services can be provided for reimbursement by an HSA, FSA, or HRA. All payments are due at time of service. Packages are as follows:

### Starter Bundle

**\$180**

- One 60-minute Initial Coaching Session
- One 30-minute Follow-Up Session
- 2 week customized meal plan with a grocery list
- Unlimited email and chat support for 8 weeks

### 3-Month Plan

**\$245**

- One 60-minute Initial Coaching Session
- Two 30-minute Follow-Up Sessions
- Access to 3 weeks of customized meal plans with grocery lists for 3 months
- Unlimited email and chat support

### 6-Month Plan

**\$440**

- One 60-minute Initial Coaching Session
- Five 30-minute Follow-Up Sessions
- Access to 3 weeks of customized meal plans with grocery lists for 6 months
- Unlimited email and chat support

### 12-Month Plan

**\$775**

- One 60-minute Initial Coaching Session
- Eleven 30-minute Follow-Up Sessions
- Access to 3 weeks of customized meal plans with grocery lists for 12 months
- Unlimited email and chat support

### 6-Month Maintenance Plan\*

**\$390**

- Six 30-minute Follow-Up Sessions
- Access to 3 weeks of customized meal plans with grocery lists for 6 months
- Unlimited email and chat support

\*For existing clients only

### 12-Month Maintenance Plan\*

**\$715**

- Twelve 30-minute Follow-Up Sessions
- Access to 3 weeks of customized meal plans with grocery lists for 12 months
- Unlimited email and chat support

\*For existing clients only

### Body Fat Check-In Plan

**\$290**

- One 30-minute Initial Coaching Session
- Six 15-minute Body Composition Analysis Follow-Ups
- 2 week customized meal plan with a grocery list

All nutrition services are provided by our Registered Dietitians. To learn more, contact:

[nutrition@cedardale-health.net](mailto:nutrition@cedardale-health.net)

978-373-1596 ext. 121

931 Boston Road Haverhill, MA 01835